

## Claims (Amended)

1. (currently amended) A method for performing a repetitive resistance exercise comprised of a plurality of repetitions wherein during a single repetition of the resistance exercise an exercisor exerts an applied force in opposition to an oscillating resistive force through a distance defining a range of motion wherein said oscillating resistive force oscillates in a direction that changes a plurality of times during a repetition and wherein the oscillation of the resistive force has a uniform amplitude and frequency during a repetition.
2. (currently amended) A device for performing a repetitive resistance exercise wherein a single repetition of the resistance exercise consists of an exercisor exerting an applied force in opposition to a resistive force through a distance defining a range of motion, the device comprising: (a) resistive force means operable for providing an oscillatory resistive force that varies in magnitude and/or direction a plurality of times during a single repetition, said oscillatory resistive force having a uniform frequency throughout the range of motion; and (b) contact means in mechanical connection to said resistive force means, said contact means being operable for receiving a portion of the body of the exercisor and enabling the exercisor to exert an applied force with said body portion in opposition to said oscillatory resistive force through said range of motion.
3. (currently amended) The device for performing a repetitive resistance exercise in accordance with Claim 2 wherein said first resistive force means comprises a weight connected to said contact means by a cable wherein said cable passes

over a lead pulley rotatably mounted on an axle having an axis of rotation  
disposed between said first resistive force means and said contact means and  
wherein said lead pulley is operable for moving said cable in a direction that is  
parallel to the axis of rotation of said lead pulley a plurality of times during a  
repetition..

4. (canceled)
5. (currently amended) The device for performing a repetitive resistance exercise in accordance with Claim 4-3 wherein said lead pulley lies in a plane that is tilted with respect to said axis of rotation of said lead pulley.
6. (canceled)
7. (canceled)
8. (new) A device for performing a repetitive resistance exercise wherein a single repetition of the resistance exercise consists of an exercisor exerting an applied force in opposition to a resistive force through a distance defining a range of motion, the device comprising: (a) resistive force means operable for providing an oscillatory resistive force that varies in magnitude a plurality of times during a single repetition and wherein said oscillatory resistive force has a uniform frequency throughout said range of motion; and (b) contact means in mechanical connection to said resistive force means, said contact means being operable for receiving a portion of the body of the exercisor and enabling the exercisor to exert an applied force with said body portion in opposition to said oscillating resistive force through said range of motion.

9. (new) The device for performing a repetitive resistance exercise in accordance with Claim 8 wherein said lead pulley is cam-shaped.
10. (new) The device for performing a repetitive resistance exercise in accordance with Claim 5 wherein said lead pulley is cam-shaped.
- 11 (new) A method for performing a repetitive resistance exercise comprised of a plurality of repetitions wherein during a single repetition of the resistance exercise an exercisor exerts an applied force in opposition to an oscillating resistive force through a distance defining a range of motion wherein said oscillating resistive force has a magnitude that oscillates a plurality of times during a repetition and wherein the oscillation of the magnitude of the resistive force has a uniform amplitude and frequency during a repetition.